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There's probably nothing else as versatile and economical as ground beef - but, it's not a good buy unless it's made from the best cuts.

Big Bear's ground beef is 100% pure beef - ground from the best quality government-inspected, grain fed beef.

Ground Fresh Several Times Daily!

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Fresh ground beef from Big Bear - the most delicious way to stretch your food dollars!

Our master meatcutters take care to make sure you get ground beef made from lean trimmings of the finest quality. They grind up fresh quantities several times daily.

If your family's like mine, you know how hard it is to save for those extra things you'd like to have for your home and family. Well, every time you shop at Big Bear, you're saving for those things automatically! That's because Big Bear gives you the extra value of Q Yellow Stamps with everything you buy!

Great Ground Beef - that's what makes Big Bear a great place to shop.

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GROUND BEEF 5 LBS. OR MORE **97¢**

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Kelley's Pure Pork Smoked SAUSAGE 1 LB. **\$1.19**

FRYERS **39¢**

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REWARD

FOR EACH RETURNED LARGE GROCERY BAG THAT IS REFILLED WITH YOUR NEXT FOOD PURCHASES.

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MAXWELL HOUSE

SAVE \$1.20

WITH COUPON ABOVE

10-OZ. JAR **99¢**

HY-TOP BREAD 2 KING SIZE LOAVES **89¢**

SUNSHINE CHEEZ-ITS 10-OZ. PKG. **53¢**

ARMOUR CHILI DOGS 15-OZ. CAN **59¢**

VIVA TOWELS 2 JUMBO ROLLS **79¢**

HAWAIIAN PUNCH 46-OZ. CANS **79¢**

DEL HAVEN CREAM OR WHOLE KERNEL CORN 17-OZ. CAN **27¢**

DEL HAVEN BEANS 4 17-OZ. CAN **1.00**

HY-TOP TOMATOES 3 303 CANS **89¢**

GOLDEN FLAKE POTATO CHIPS 9-OZ. TWIN PAK **69¢**

MAXWELL HOUSE INSTANT COFFEE 6-OZ. JAR **\$1.25**

HUNGRY JACK CORNBREAD 8-OZ. PKG. **35¢**

SEA-PAK FROZEN BREADED SHRIMP 8-OZ. PKG. **99¢**

BANQUET MACARONI & CHEESE 20-OZ. PKG. **59¢**

COZY KITCHEN GERMAN CHOCOLATE CAKE 14-OZ. PKG. **\$1.27**

SALUTO PARTY PIZZA 33-OZ. PKG. **\$2.59**

FROSTY ACRES BLACKKEYED PEAS 20-OZ. PKG. **73¢**

The Funk & Wagnalls New Encyclopedia

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plus Index and Bibliography

SATURDAY IS LAST CHANCE TO SIGN UP FOR BABE RUTH BASEBALL

The Elba Clipper

VOLUME 76

ELBA, ALABAMA 36323 THURSDAY, MARCH 28, 1974

2 SECTIONS 18 PAGES

NUMBER 35

Methodists Announce Revival Plans



Mrs. L. F. Inman, Mrs. Robert Marsh, Mrs. Douglas Easters, Mrs. Mayo Prescott, Mrs. Fred Clark, Mrs. Flourney Whitman, Mayor Ziglar

APRIL IS CLEAN-UP MONTH IN ELBA

Mayor Owen Ziglar has proclaimed April as Clean-up Month in Elba. The Azalea and Magnolia Garden Clubs are sponsoring this project.

The clubs are urging each individual to clean his own property or vacant lots. The city will pick up all trash stacked in the park. Merchants are requested to clean the front of their businesses and put their trash in the alleys. The city will also move unwanted stoves, refrigerators, etc. if anyone desires this service.

The city will continue to move abandoned cars, and the state will clean all State roads in the city limits. The National Guard will also cooperate in this effort.

"Let's all work together to make our city a clean and beautiful one," say the club members.

Numbers to call for removal of items from property are: City Hall - 897-2333; 897-2331; 897-2435; 897-2701; 897-2622; 897-2889; 897-2696.



M. J. Lee Is Appointed

M. J. Lee was reappointed to another term on the Elba Planning and Zoning Board by the Elba City Council. Lee has served a number of years on the board, and the new appointment was unanimous by the councilmen. Planning and Zoning Board terms are six-year terms.

FIRE REPORT

The Elba Fire Department reports no fires during the period of March 19 through 26.

TARGET IS \$7,000

SATURDAY IS BAND DAY IN ELBA

With 1306 barbecue and 325 chicken tickets sold, the Elba High School Band will be concentrating on practicing for Band Day just two days hence - Saturday, March 30, at the National Guard Armory.

On that day they will begin playing at 10:00 a.m. and end the music at 12:00, with the three bands alternating playing time. That is - Marching Tiger - Intermediate - and Beginner Bands.

The musicians will rest until 2:30 when they will strike up the band again, "this time letting the music flow until approximately 4:30.

During the hours of 11:30 - 2:30 barbecue plates will be served at the Armory. Drinks will be available, but not included in the cost of the plate. A bake sale and rummage sale will also be part of the activities.

The Beginner Band Bake Sale will be held at the Big Bear; Intermediate Band cakes will be sold at the Piggy; and the Marching Tiger bakers will be selling their cakes at the Courthouse Square. The Rummage Sale will be held at the Courthouse also.

Mr. and Mrs. Lewis Sexton, who are in charge of the Rummage Sale, ask that anyone who has clothing or other articles for sale, bring them to the Band Room early Saturday morning. They also ask that the articles be sorted, marked and bagged according to size, if possible.

WELB Radio will broadcast the band's music and activities beginning at 10:00 a.m. Saturday and throughout the day.

The band and its supporters, led by Wayland Bryan, hope to reach their goal of \$7,000 before the day is over.

Toward the end of the day, more activities are planned: from 5:00 till 6:00 p.m. the Symphonic Band will present a concert in the High School auditorium; from 5:30 till 7:30 the chicken supper will be served in the High School lunch room; at 8:00, Bingo games will start (also in the lunch room); and at 7:30 there will be a Men's Beauty Contest in the auditorium.

Admission to the Symphonic Concert will be \$1.00, this will also include admission to the Men's Beauty Contest; however, those who do not attend the Symphonic Concert but who wish to see the Men's Beauty Contest only will be charged \$1.00 for that event.

Band members, parents and supporters are urged the participation of everyone in this yearly effort in behalf of members and future members of Elba's School Band.

Winners Of Band Day Ticket Sales

Winners of prizes for selling the most tickets for the barbecue and chicken on Band Day are listed below:

1st place - \$15.00 first prize - Pam Galtimore, daughter of Mr. and Mrs. Alvie Galtimore - 43 tickets - \$10 prize - 2nd place - Mrs. Troy Owens - 35 tickets - \$5.00 third prize

City Gives \$500

The Elba City Council appropriated \$500 to the Elba High School Band at a recent meeting. The council had a request for a \$500 donation to the local band, but Mayor Ziglar explained that this was not legal. Therefore, the Council voted to give an additional \$500 to the school system, which is legal. It was generally assumed by the councilmen that the school board would then be financially able to increase the band appropriation by \$500.

Methodists Announce Revival Plans

Revival services begin at the Elba United Methodist Church on Sunday, March 31st, at 7:00 p.m. Services will be conducted Sunday through Wednesday evening at 7:00 p.m. Morning service will be held from 7:00 until 7:30 a.m. Monday through Wednesday. Following the morning service, coffee, juice and doughnuts will be served.

The Evangelist for these services will be Dr. Paul A. Duffey, Pastor of the First United Methodist Church of Montgomery. Dr. Duffey is a graduate of Birmingham-Southern College and Vanderbilt University. He is married to the former Louise Calhoun and they have two children. Dr. Duffey served in the Tennessee Conference before coming back to his home state. He has served the following churches in our area: Abbeville, Marion, Dexter Avenue, Montgomery, First, Pensacola, First, Dothan, and presently First, Montgomery. Dr. Duffey is very active in United Methodist work on the general and local Conference levels. His worship service is seen in our area on television.

The Song Evangelist, Lt. Col. James Overton, is a native of Birmingham and presently makes his home in Fort Walton Beach, Fla. Mr. Overton has sung professionally with the Birmingham Starlight Opera Assn. and the Little Rock Civic Opera. He sang in a quartet with Billy Graham in Saigon, Korea, some years ago. Mr. Overton is well known in the southeast as an Evangelist. Singer and has been in Elba for several revivals the last few years.

Dr. James Clay is Chairman of the Area Evangelism for the church and the Pastor is Rev. Edwin K. Sells.

DUFFEY



OVERTON

Zion Chapel Pre-School

Pre-School Clinic will be held at Zion Chapel School on Monday, April 8th, 1974 for the purpose of registering children for the next school year for grade one. Registration will be held in the elementary building in the first grade classroom. Registration will begin at 8:00 a.m.

Please bring your pre-school child and help notify any parents who may have missed the announcement. This registration is very important.

1) Birth certificates will be required. If your child does not have a birth certificate, please apply for one now.

2) Any child who will enter grade one in 1974 MUST be 6 years old by October 1, 1974.

3) Children will be accompanied by a parent or other adult.

Also, a little earlier, at 5:30, County health officers will be present. Please bring records of your child's shots.

Elba Churches Set Easter Program

The Elba Ministerial Association and the churches of Elba will present an Easter program at the Elba High School Auditorium on Thursday night, April 11, 1974.

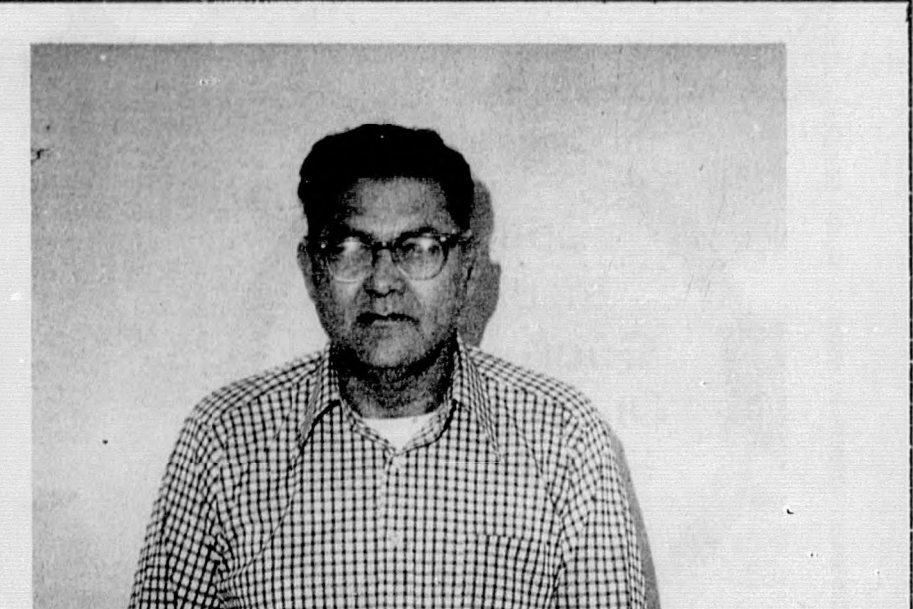
The program will be based on the Last Supper, and is set for 7:30 p.m.



Miss Alice Brunson, president of the Elba Marching Tiger Band, models one of the new uniforms the band will be getting this year. Also, some present uniforms must be replaced, pushing the number still higher.

Present uniforms will continue to be used, the usual cut being worn during the winter-time and certain occasions.

The new blouse will be cooler and more comfortable as the band continues to give out with their award-winning music.



LEO FOREMAN

RESCUE SPOTLIGHT

Leo Foreman is this week's Spotlighted Rescue Squad member. He has been with the squad "from the ground up," being one of the first five members.

Leo says he "enjoys the work," and appreciates the public's support and the way they help and cooperate with the Squad.

He is an Elba native, but says he "got his wife" in Laverne, the former Mary Greer. They have two boys - John, who recently moved from Elba to Hartford, and Buddy, who is in the Navy.

City Schools Order Busses

The Coffee County Board of Education notified the Elba City Schools on January 25 that at the end of the 1973-74 school year, the County Board of Education would no longer furnish transportation for students attending the Elba City Schools.

The Elba City Board of Education has placed orders for one 60-passenger bus and six 66-passenger buses, to begin operation at the beginning of the 1974-75 school year. These busses will be purchased from the sale of State School Bonds at a total cost of \$67,786.

The result of this analysis was that Elba's indirect cost what it cost the city to carry out a Federal program - is 31.1%. This will be their guide on future grants by the Federal Government.

Provision was made for cities such as Elba to receive recovery of this administrative cost by a publication issued by the Office of Management and Budget, Circular No. 8-87.

Below is an example, with an amount of \$100,000 as the grant applied for, with the Government providing 75% of the cost.

Actual Project Cost	\$100,000
Indirect Cost @ 31.1%	\$31,100
Total Program Cost	\$131,000
Federal Share (75%)	\$98,250
Local Share (Out of Pocket Cost)	\$32,750
Savings in Cash of	\$23,325
	(\$25,000 - 1,675)

Therefore, when an available Federal grant is applied for, application may also be made for recovery of this indirect cost at the same time. And in order to know how much recovery cost is for it must be computed by a firm such as Task Consultants.



Mrs. Helen Gantt, Andalusia, District Secretary; Mrs. Helen Montgomery, Greenville, District Treasurer; Miss Jane Morrow, Elba, District Director; Miss Betty Bullock, Andalusia, District Co-Director.

BPW DISTRICT MEET HELD HERE

The Spring meeting of District II of the Alabama Federation of Business and Professional Women's Clubs was held Sunday, March 17, 1974, in the Elba Elementary School Cafeteria with the Elba Club hosting the event.

Miss Alice Brunson, president of the Elba Club, welcomed those present and then introduced Mayor Owen Ziglar, who extended an official welcome to the City to those in attendance.

The guest speaker, Mrs. Virginia Johnson, was introduced by Mrs. Anne Lou Sampler, Greenville, past state president of the Alabama Federation of BPW Clubs.

Mrs. Johnson is president-elect of Alabama Federation of BPW Clubs and will be installed as President at the upcoming State Convention to be held in Dothan, Alabama in May.

Election of new officers was held and installation conducted by Mrs. Marilyn Steinmetz, Dothan, State Recording Secretary. New officers are as follows: Miss Jane Morrow, District Director; Miss Betty Bullock, Andalusia, Co-Director; Mrs. Helen Montgomery, Greenville, Treasurer; and Mrs. Helen Gantt, Andalusia, Secretary.

Mrs. Fran Kotz, Dothan, Co-Chairman of the State Convention, gave a report on the State Convention plans and Mrs. Anne Lou Sampler gave the evaluation of the meeting. The meeting was adjourned with the Emblem Benediction.

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Stock No. RP11 - '74 Maverick
2-door, 6-cylinder, standard transmission, power steering, radio
and heater, vinyl roof, 6000 miles \$2995

Stock No. T986A - '72 Pinto Runabout
4-speed, radio, roof luggage rack Radio and heater \$1995

Stock No. P15A - '69 Torino Coupe V-8
standard transmission, radio and heater, air conditioned, Comfort
and Economy \$995

Stock No. 566C1 - '70 Maverick
2-door sedan, 6-cylinder, standard transmission, radio and heater,
extra sharp \$1395

Stock No. 104A - '71 T-Bird
this one you have to see. Real sharp white on white color. Radio and
heater, air conditioned, power steering and brakes, new tires. One
of the better buys \$2495

Stock No. RP63 - '73 Galaxie 500
2-door hardtop, air conditioned, automatic, transmission, radio and
heater, power steering, power brakes, vinyl roof, low mileage \$2595

Stock No. P24 - '72 Chevrolet Pick-up
V-8, standard transmission radio and heater, a beautiful green and
white. Only \$1995

Stock No. T981B - '71 Ford F-100 Pick-up
6-cylinder standard transmission, good tires, clean inside and out.
For only \$1495

Stock No. 407B - '73 Volkswagen Bug
radio and heater, new tires, a real clean car. If you want economy
this is it for only \$1495

Stock No. 90B - '68 Chevrolet Wagon
air conditioned, V-8, automatic, Radio and heater. If you need room
this is for you \$995

Stock No. 278-A '71 LTD 2 Door Hard-top
Air Conditioning, Customatic Power steering, Power Brakes,
vinyl roof, A-M-F Stereo Radio for \$1695

Stock No. 452-B '74 T-Bird
This is a bargain if you want a car. Has all of the comfort and
accessories. Was \$700 ???

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**Improve
Gas Mileage**

Our Mechanics will:
Install new plugs and points
Install new condenser
Set timing
Adjust carburetor
Service PCV valve
\$18.90
Includes Parts - Reg. \$24.60
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**Front End
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For makes of cars. Complete Alignment. Check front
suspension for proper conditions and operation. Adjust
steering gear. Check tires for wear damage and correct
tire pressure
Reg. \$24.60 **\$18.90**
SPECIAL OFFER VALID ONLY WITH COUPON

COUPON
**Preseason Air
Conditioner Special!**

For all makes of cars. Leak test and partial charge.
Check all hoses and fittings for proper conditions of
operation. Adjust belts. Check fluid levels.
Replacement of fittings and hose extra.
Reg. \$21.50 **\$15.95**
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COUPON
**LUBE & OIL
SPECIAL**

5 Qts. of Oil
Filter
Lubrication
Reg. \$10.50 **\$7.50**
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Enterprise, Alabama

347-2245

THE ELBA CLIPPER MARCH 28, 1974



Tom Casaday, County Extension Chairman

FOUR H's HONOR

A man in Washington on our federal staff named Walter John and one of his co-workers, Sue Benedetti, wrote an excellent article recently of 4-H Club work. "It was printed in the 'Extension Service Review,' and I am proud to present their story.

The 4-H program has chafed up nearly 60 years of success, and is still growing and achieving. Like the Cooperative Extension Service which sponsors it, 4-H is based on principles that have been tested repeatedly and found to be sound.

Its pledge emphasizes the elements of life that have helped to build a great Nation. "I pledge, my head to clearer thinking," This is the essence of human achievement. It is one major factor which helps to lift mankind above the remainder of the animal kingdom.

"My heart to greater loyalty." An act of dedication to these things which we consider essential to strong society. "My hands to larger service." This is the extension of the individual toward helping others.

"My health to better living." A recognition of the body's role and of the necessity to keep it functioning well.

"For my club, my community, my country." Expansion of the 4-H program idea to more than 80 other countries and the exchange of youth among these countries has prompted 4-H to add "and my world" to that part of the pledge.

The culmination of these pledges results in Honor 4-H. It would be presumptions for one to pledge to achieve honor as a goal. Honor is bestowed by others and comes to a person as a result of that person's conduct, service, and achievement.

Youth bring honor to themselves by clearer thinking and better living. They help to bring honor to others, and to themselves, by greater loyalty.

COFFEE

The third is National 4-H Week, observed in all parts of the country. Goals of all of these three-somes are to help American youth develop their full potential. In that process, 4-H brings honor to all who are properly involved in it.



FUEL No-till farming continues to gain in popularity throughout the United States. Last year there was over seven million acres of land planted to no-till in our country. "South-east Farm and Livestock Weekly," recently published a very good article on the advantages of no-till farming.

Perhaps, the two greatest advantages of no-till is a reduction in both wind and water erosion. Residues left on the soil soften the impact of rain, reduce surface run-off and sealing, and catches blowing soil. Another equally important advantage is a savings in time. This allows for more acreage to be planted for this acreage to be planted at nearer the optimum time. Other advantages include soil structure improvement, increased root penetration, increased double-cropping, conservation of moisture, increased land use - steep land subject to erosion can be farmed.

ed every year, instead of once in every three years; increased yields; and increased profits.

Some advantages I can think of that "Farm and Livestock Weekly" failed to mention are: reduction in fuel use, and planning without regard to terraces. Fewer trips across the land could save several gallons of fuel to help us thru our energy crisis. With four-row equipment, much of our land cannot be farmed without crossing terraces. No-till would greatly reduce the adverse effects of straight-row farming.

"Farm and Livestock Weekly" concludes their article by pointing out that each farmer will have varying situations and that each man must adapt the system that best fits his particular farming conditions. As with anything else, proper management will determine whether you have a failure or success with no-till farming.

Hamm's Welcome
New Son
Mr. and Mrs. Michael F. Hamm, of Birmingham, announce the birth of a son, Christopher Michael, born March 17, in a Birmingham hospital. He weighed nine pounds, seven ounces at birth.

Proud grandparents are Mrs. Robert C. Hamm of Elba and Mrs. Lollie G. Gamble of Birmingham.

Calico Ft. To Hold
Arts & Crafts Fair

The third annual Calico Fort Outdoor Arts and Crafts Fair will get into full swing on April 6 at 741 Ft. Deposit, Alabama. About 200 exhibitors from seven states, including Indiana and New York, are registered to show and sell their wares at

the rustic, picturesque fair site.

Trails to the Fort, just south of Montgomery on I-65, will be marked with Calico flags and ladies dressed in calico aprons and bonnets to welcome the visitors. Food, including homemade biscuits, barbecue, hamburgers, hot dogs, cakes and sweets, will be served from log cabins.

Treasures available will be handmade dolls with hearts sewn inside, hand-woven baskets and belts, art, antiques, jewelry, leathercrafts, etc. The pitter will be at his wheel and the glass blower will demonstrate his skill. Among other attractions will be a trained dog act and Indian dancers.

Time of the festivities is from 9:00 a.m. till 5:00 p.m. on Saturday and Sunday, April 6 and 7.

Elba Student

Named To

Dean's List

Fred Paul Jackson, son of Mr. and Mrs. J.T. Bryan, and the late Fred Jackson, of Rt. 2, Elba, is enrolled in the Freshman Class at Alabama Christian College, Montgomery, Alabama. Having completed work for his high school diploma last summer, Jackson enrolled in college to begin work on his college degree. He will return to Elba to graduate with his class members this spring.

Jackson has been named to the Dean's List each quarter as well as participating in numerous activities on campus.

Among his most recent activities is participation in a campaign for Christ in South Carolina and a "Lads to Leaders" workshop in Columbus, Ga.

Jackson is also active in the Elba Church of Christ when he is at home, preaching there occasionally and participating in youth activities.

There will be a gospel singing at Fairview Baptist Church Saturday night, March 30, at 7:00 p.m.

Featured singers will be "The Believers" of Pine Grove, "The Covenanters" of Samson, and "The Cavery Trio" from Weeks Assembly.

The church is located on the Elba-Samson Highway.

DEATHS

Edwin B. Crawley

Edwin B. Crawley, age 78, of Elba, died March 23 in a Montgomery hospital.

Services were held March 25 at Zion Chapel Baptist Church. Burial was in the church cemetery. Hayes Funeral Home of Elba directed.

Survivors include: his widow, Mrs. Annie Mae Crawley, Elba; and two sons, Dallas Crawley, Montgomery; and Edwin Crawley, Pensacola, FL.

Betty Jeanette Farris

Mrs. Betty Jeanette Farris, age 33, of Elba, died March 24 at her home after a long illness.

Funeral services were held March 25 at Hayes Funeral Home Chapel. Burial was in the New Haven Church Cemetery.

Survivors include: her widower, Dawson Farris; two daughters, Betty and Michele Farris, Elba; two brothers, Floyd Johnson, Shorter, AL; and William Johnson, Tuskegee, AL; and her parents, Mr. and Mrs. Cosby Johnson, Tuskegee.

RECIPE

Coconut Pie

3 Eggs
1-1/2 Cups sugar
(maybe little under)
1 T. vinegar (white)
1 T. Vanilla
1 stick butter (melted)
1 Can Coconut

Mix all ingredients together and put in unbaked pie shell. Cook at approximately 250-275 (depending on heat of individual oven) until brown and firm.

Submitted by:
BEULAH MAE ALLEN

The Elba Clipper

417 West Buford, Elba, Alabama 36323

JOHN FERRIN COX, Publisher & Editor

Second Class Postage Paid at Elba, Alabama 36323

SUBSCRIPTION RATES

Coffee County per year, \$4.20; six months \$2.63 including city and state sales tax.

Alabama Counties, \$5.25 per year including sales tax; six months \$2.75

Outside Alabama, \$6.00 per year; six months \$3.75

Published Weekly on Thursdays

WAREHOUSE FURNITURE SALES

will open for business in their
new location at
Hickman Moving & Storage

Friday, March 29th

WATCH FOR GRAND OPENING

April 5th & 6th

PRESCRIPTIONS ARE OUR MAIN BUSINESS

AND WE DO MORE OF IT THAN ANYONE

ELSE IN THIS AREA!!

THIS IS THE REASON WE SAVE YOU MONEY.

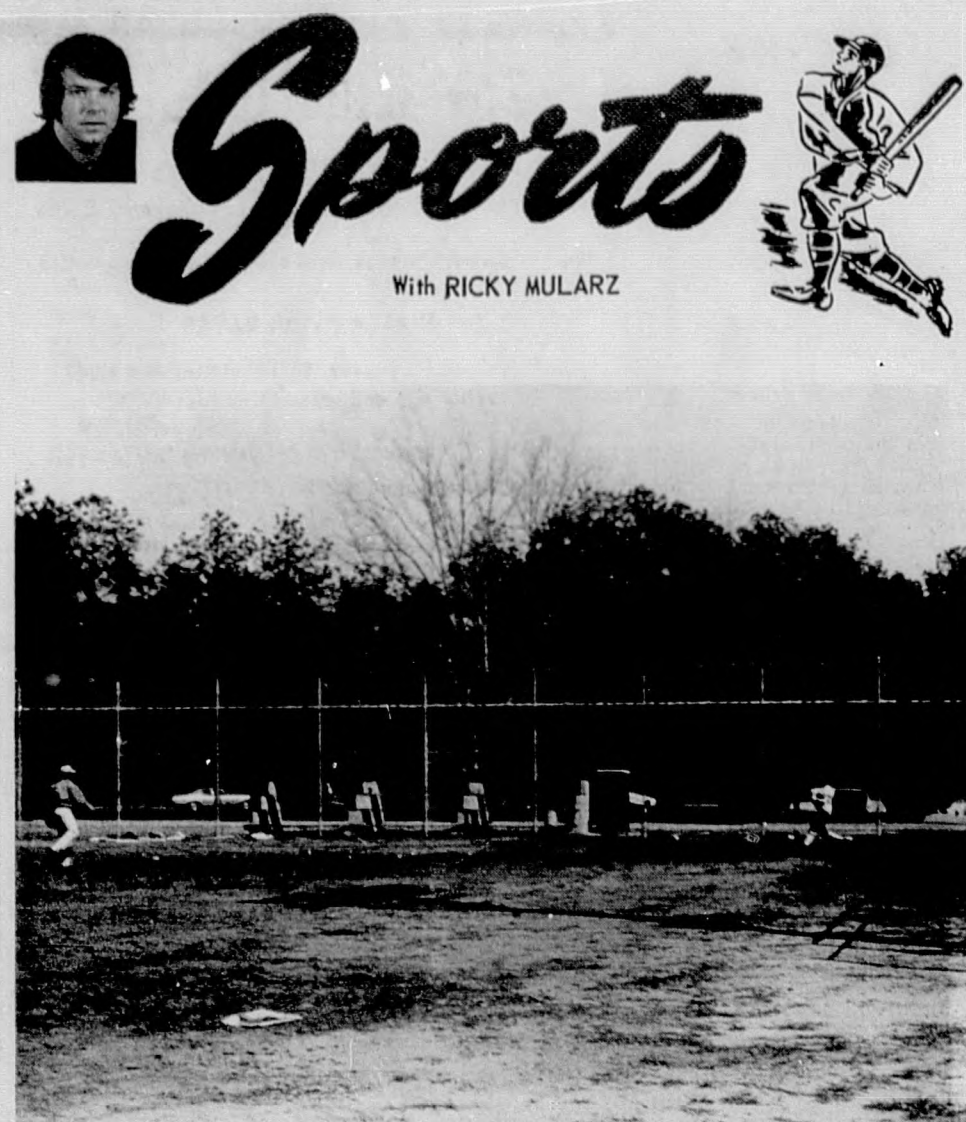
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POOR ORIGINAL



EHS Baseball Begins Friday

With the first game tomorrow (Friday) the Elba baseball team has finished hard practice. Coach Johns expressed con-

EHS Baseball Roster

NAME	CLASS	POST.
Teddy Barnes	SP	P - C
Charles Ellis	SR	P
Freddie Hanchey	JR	C - IF
Mickey Marley	JR	OF
Joe Morrow	SP	P
Gary Mulaz	JR	OF
Randy Mulaz	JR	OF
Jimmy Nolin	SR	IF
Willie J. Phillips	SR	IF
Lamar Sasser	SR	OF
Charlie Smith	SR	OF
Dudley Stinson	SR	OF
John Waddai	SR	IF
Steve Williams	SR	IF
Jeff Wise	SR	IF

Troy State Record Now 10-4

Troy State continued their fine baseball play as they rallied in both ends of a doubleheader to drop Tennessee State 3-2 and 4-3.

In the opener the Trojans came from behind in the fourth inning to claim the win. The big blow came when Lew Pettaway slapped a double to drive in two runs and put the Trojans ahead 3-2.

In the second game the Trojans again had to come from behind after falling behind 3-2 after six innings. The Troy "nine" pushed across the tying run in the seventh, and pulled out the win when Bobby Curtis singled in the winning run with two out in the ninth.

1974 Troy State Baseball Schedule

Date	Team	Site
March 29	Florence St. 2	T
March 30	Tenn. Martin 2	H
April 1	GoA-B'ham 2	H
April 2	Daniel Payne 2	T
April 3	Florence St. 2	H
April 4	Jacksonville 2	T
April 5	Livingston 2	T
April 6	West Georgia 2	H
April 7	GoA-B'ham 2	H
April 8	Huntingdon 2	H
April 9	U. South Ala 2	T
April 10	Montevallo 2	T
April 11	B'ham Southern 2	H
April 12	Tenn. Martin 2	H
April 13	Daniel Payne 2	H
April 14	West Georgia 2	T
May 1	B'ham Southern 2	T
May 7	GSC Playoffs	

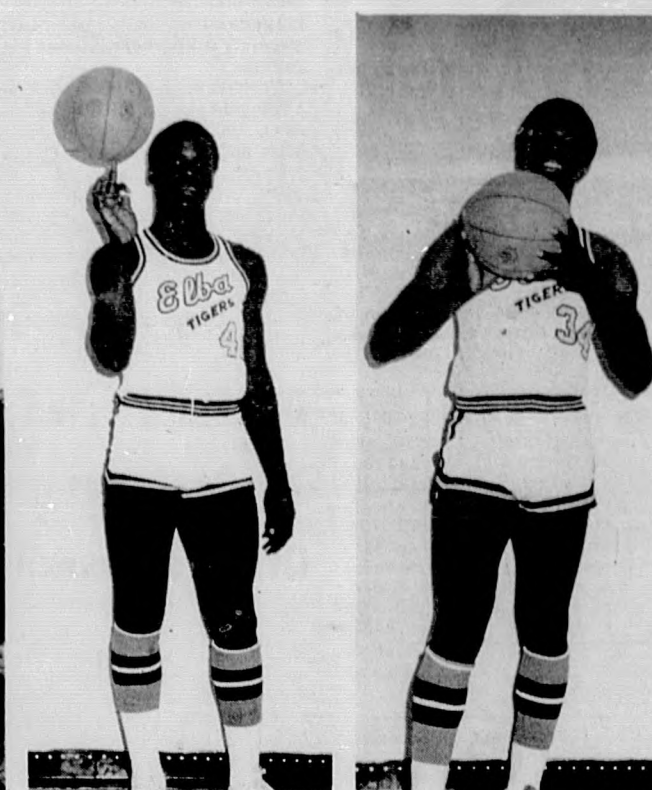
TSU Signs Basketball Ace

Toby Kirkland, a former standout at Columbus (Ga.) High School, has signed a college grant-in-aid with Troy State. Kirkland, who will transfer to Troy State from the University of Tennessee-Chattanooga, is the first player signed by Troy State coach Wes Bizzila for the 1974-75 season.

While playing at UTC as a freshman this year, Kirkland averaged 26 points per game with the junior varsity and was moved to the varsity ranks midway through the season.

He was Columbus High's "Most Valuable Player" his senior year when he led the city and

Elba Cagers Honored



Jesse Tyson David Head

Two members of the 1973-74 Elba High School basketball team have been named on the South Alabama Conference "All-Conference" team. The team consists of thirteen players from the 18 teams in the conference. The Elba players on the team are Jesse Tyson and David Head.

Elba Junior Football Team Prepares For Game With Opp



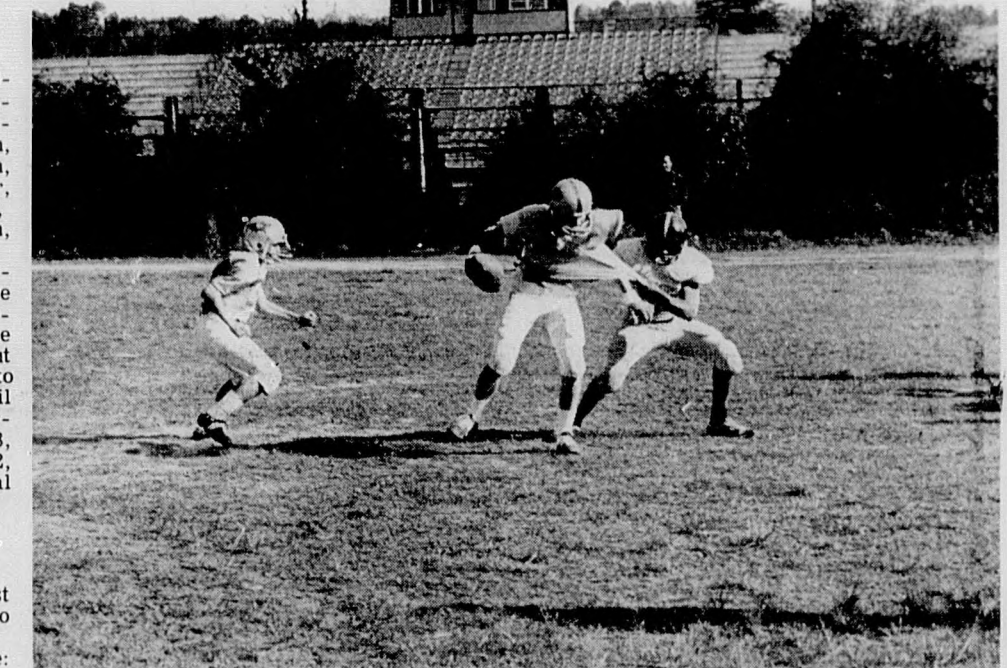
Ken Martin Fires A Pass

The Elba Junior High football team is hard at work in preparation for their upcoming exhibition game against Opp Junior High School.

The Baby Tigers have several five hopefuls out for spring training, and they are all working hard for a starting berth. Of the 75 players out, 60 are going out for the first time.

The youngsters are going through the same rigorous training that the varsity went through, and are sticking it out.

Coach Mance Daugherty feels that this group of boys is perhaps the best group to ever play junior ball in Elba. The strong points appear almost everywhere. The line has several boys over 175 lbs. and these



G.P. Carpenter Makes Jersey Tackle On Ken Martin

4th Quarter Club Game Set

On Friday, March 29, the faculty from Elba High School will oppose the "Fourth Quarter Club" in a regulation basketball game. The Fourth Quarter Club is composed of Varsity Football players who see action in 16 or more quarters during the year.

The game will begin at 10:30 such stars as Paul "Bear" Bass, Hinton "Adolph" Johns, 10:30 a.m. on Friday, March 29th.

The game will be led by Lamar Sasser, Charles Rios, Philis, Randy Mulaz, Willie James Phillips, Roy "Bobby" King, and Jeff Wise, along with several other demons of the gridiron.

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SKINNER'S furniture

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Open an account today!

ELBA, ALABAMA
Free Delivery

Patchwork Sofa Pillows
Regular \$2.95 while they last \$1.25

laundry BASKETS
reg \$1.95 2 for \$1

7-PIECE DINETTES
REGULAR \$119.95
SALE \$99.95
PRICED \$219.95

36x48-in. table extends to full 60".
Inlaid pearlized "Riviera" top, two-tone matching chairs in easy to clean vinyl. Brass accents throughout - incredibly beautiful.

ELEGANT SPANISH CLASSIC
3-PIECE BEDROOM SUITE
Consist of: 6-Drawer Dresser with Framed Mirror, Spanish Bed, 5-Drawer Chest
On Chest Regular \$269.95
SALE \$239.95

LOVE SEAT
\$99.95 Value
\$88.95

3-Piece Patio Group
Sturdy, All Weather, Ballglider, Chair And Rocker
\$119.95 Value \$99.95

By Bunting - America's Finest Since 1827

9-Piece Sofa Group
Check this outstanding value before you buy - This group consists of Sofa, Matching Chair, Two End Tables, Coffee Table, Two Beautiful Lamps, and Two Patch-Work design Sofa Pillows - Sofa makes into a bed that sleeps two - Matching Chair has reversible foam cushions - Sofa and Chair are Vinyl Covered - Many Colors to choose from.

Regular \$239.95 Sale Price \$199.95

Platform Rockers
An Outstanding Value - Solid Oak Construction covered in leather like vinyl - No sag Springs - These handsome rockers will add comfort and elegance to any room - Wide selection of colors to choose from.

\$59.95 value 2 FOR \$38.95

SPRING HOUSECLEANING Sweep-out!

HERE'S YOUR OPPORTUNITY TO CLEAN UP at SKINNERS TAKE A CLOSE LOOK!

RESTWELL PILLOWS
25 Percent Crushed Turkey Feathers
75 Percent Crushed Chicken Feathers
\$6.95 pair

Magic Chef ELECTRIC RANGES
36" RANGE
MORE WOMEN COOK ON MAGIC CHEF THAN ON ANY OTHER RANGE

4-PIECE LAWN PATIO GROUP
Settee & Chairs
Coffee Table
\$89.95

SOLID CEDAR BLUE RIBBON SPECIAL!
9 X 12 Room Size CARPET
Choice of Colors
Reg \$79.95 \$59.95

3-Piece Early Americana Bedroom
SPECIAL SALE
ONLY 2 TO SELL \$388.95

5-DRAWER MAPLE CHEST
If you need extra storage space, this will help solve
\$49.95 value
NOW \$39.95

Round Patchwork Vinyl HASSOCKS
\$19.95 value
\$12.95

French Provincial SOFA & MATCHING CHAIR
HAND TUFTED BACKS
REVERSIBLE CUSHIONS
Early American

Sofa And Matching Chair
Choice of Tweed or Print Fabrics
\$289.95

SAVE \$30 on a Bemco Saccroptic Mattress Set!
reg. \$139.50 size Both For \$109.95
BEMCO Saccroptic Mattress Keeps Its Shape, Year After Year. NO LUMPS. NO BUMPS. Nothing To Interfere With Your Rest. Buy At This Low Price.

9 X 12' LINOLEUM RUGS
MANY PATTERNS AND COLORS TO CHOOSE FROM!!
Reg. \$9.95
SALE PRICE \$5.70

4-Piece Early Americana Bedroom
SPECIAL SALE
ONLY 2 TO SELL \$388.95

5-DRAWER MAPLE CHEST
If you need extra storage space, this will help solve
\$49.95 value
NOW \$39.95

Round Patchwork Vinyl HASSOCKS
\$19.95 value
\$12.95

French Provincial SOFA & MATCHING CHAIR
HAND TUFTED BACKS
REVERSIBLE CUSHIONS
Early American

Sofa And Matching Chair
Choice of Tweed or Print Fabrics
\$289.95

4-Piece Early Americana Bedroom
SPECIAL SALE
ONLY 2 TO SELL \$388.95

5-DRAWER MAPLE CHEST
If you need extra storage space, this will help solve
\$49.95 value
NOW \$39.95

Round Patchwork Vinyl HASSOCKS
\$19.95 value
\$12.95

POOR ORIGINAL

ELBA REPORT

CURRENT COUPLES

Vann and Wayne
Rhonda and Shayne
Renita and Richard
Jeffery and Teresa
Phyllis and Donnie
Freida and Charlie
Jenny and Gary
Beth and David
Tommy and Sandra
Mike and Cynthia

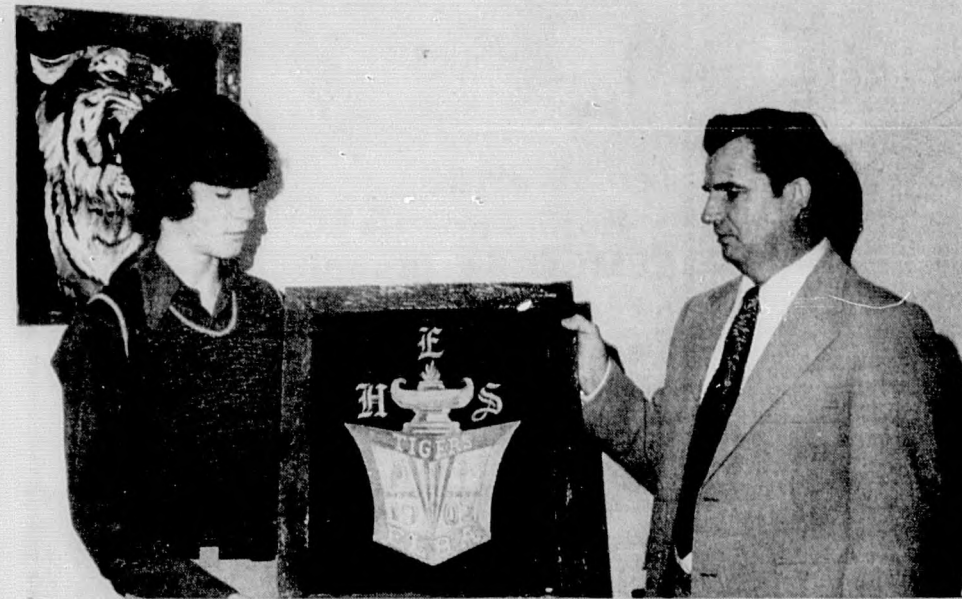
PERFECT GIRL

Hair - Sami Reeves
Personality - Susan Hold-
erfield
Figure - Vann Newman

PERFECT BOY

Hair - Greg Thompson
Personality - Mark Jacobs
Physique - Russ Cash

EDITORS: LEIGH BECK &
CISSY KELLEY



STUDENT COUNCIL PRESENTS SCHOOL SHIELD

Jack Brunson, Student Council President, is shown presenting Mr. Lamar Foley with the new official school shield. This one will be hung in the main office and a larger one will be hung above the auditorium door and another in the lobby of the gym.

WHAT IF...

WHAT IF... Sami Reeves cut her hair Nobody ever got caught skipping Mr. Foley said "I quit!" There wasn't a P.C. The lunchroom served steak We could wear shorts to school Darrell never bothered Mrs. Calhoun Mrs. Padgett let her S.H. talk Susan H. never wore new clothes Everybody at E.H.S. didn't have their little cliques B. Mc never got in trouble V.C. didn't skip 4th period to see P.N. S.H. weren't nice C.L. died of a broken heart T. Foley skipped school B.L. didn't stay around A.W. M.H. and C.M. broke up C. & B. & C. weren't ever late for class There was a streaker in Elba High School K.L. didn't come to school here We never had any more new boys or girls at E.H.S.

Mu Alpha Theta Meets

The Mu Alpha Theta held its regular meeting, first period, March 6th in the library. The business meeting was called to order by President, Melanie Carnley. She discussed the Mu Alpha Theta Convention which is to be held April 19th and 20th in Auburn at Auburn High School. Melanie asked for an approximate number of students who plan to attend. Also discussion of where the students would like to spend the night was held, and whether they would like to nominate an outstanding math student from our club to the convention. The decision was to not nominate a student. Melanie informed the club that \$100 more dollars was needed to complete redecorating Mrs. Adkins's room. It was decided the club would have another bake sale and Bunny Cox and Vann Vaughan were appointed chairmen. The meeting was then turned over to Mrs. Carnley who instructed the club in how to make mathematical games for the Junior High classrooms. The rest of the hour was spent in making the games and the meeting was adjourned by the bell.

Mystery Teacher

Jessissippi
No-hington
New-ork
-nio
Ka-sas
-orgia

Mystery Student

Ap-les
-ges
Ban-na
Pi-apple
T-na
-ea
-utter
T-na
-emon
Dum-pings
Pe-rs
Ok-a
-oughnuts



BETA CLUB ATTENDS CONVENTION

On March 1st and 2nd a group of delegates from E.H.S. attended the Beta Club Convention in Birmingham. Those attending included: Mark Parker, Ronnie Tucker, Hildreth Cooper, Virginia Stephens, Connie Carpenter, Lisa Turner and Club Sponsor, Mr. Waylon Sharpless.

VOCATIONAL SPOTLIGHT



The students pictured will be competing in the following contest: District VICA Skills contest in Montgomery March 28. We are very proud to have so many participants involved in the activity this year.

Extemporaneous Speaking - Merlin Chancellor; Job Interview - Debbie Rogers; Prepared Speech - Cyndi Maddox; Auto Body - Mark Donaldson; Daniels, Randy Mularz and Becky Smart.

Machine Drafting - Tom Compton; Nurses Aide - Rachel Hudson; Offset Printing - Mark Jacobs; Metal Arc Welding - John Davis; and Mig & Tig Welding - Gary Jackson.

SENIOR OF THE WEEK

The senior of the week is Billy Dean. His parents are Mr. and Mrs. William O. Dean of Rt. 1, Elba. Billy's interests are to complete his high school work and to graduate from college. His hobbies is watching sporting events. Billy plans to attend Troy State University. Billy belongs to the Beta Club, Science Club and the Mu Alpha Theta. He is the secretary of the Beta Club. Billy thinks the student body of Elba High School is a close-knit group and therefore, are a great group of people to be around. He thinks that the school could be improved by the students taking more pride in the school and keeping it cleaner. Billy's motto is that anyone can accomplish any goal in life as long as he tries. He is taking English Literature, and Research this year. Billy's outstanding achievements are membership in the Society of American High School Students and an honor student at ESSC where he is on the dean's list. Billy attends Zion Chapel Baptist Church and he sings in the choir.



Guess Who?

Favorite Subject - English
Favorite Food - Steak
Favorite Hobby - Football
Favorite Color - Blue

WISHES OF THE MONTH

That I could go out with the boy I wanted to - Bobbie Manord
That My brother would come home - Valinda Colter
To pass all my classes - Cindy Smith
For R.B. to say yes - Bruce Bush
That the rifle team would win a match - Mike Bush
To get out of first period - Math-Gwen Nolin
That I knew something about rocks - Phyllis Harrison
That R.B. would go with me - Randy Phelps
That vacation had never ended - Miss Cummings
Not to move on Ann St. - Susan Han
To have W.J. back - Kay Bryan
That all students enjoyed AEA and would make A's - Mr. Sharpless
To get to stay 16 the rest of my life - Fran English
That Sept. would be here 3 months earlier - Donna Danley
That I had a million more wishes - Phoebe Allen
For Rev. to be a football player - Joey Brunson
For Miss Cummings to be out - Jud Corley

TRY TO UNSCRAMBLE THESE STUDENTS NAMES

ederif hmosta
amP lormGeai
r M duMao
iVgnai avgnah
aBsh rucbe
yulnm lioha
akeJie urBison

eibebd calhso
rededFe laMyrol
malur seer's
licea urBison
myotm KiBuron
suisa aburon



CUTEST COUPLE: SAMI REEVES GREG THOMPSON

Scenes Of Brownie Get-A-Way At Humming Hills

A Brownie Get-A-Way at Humming Hills, sponsored by the Coffee-Geneva County Association of Girl Scouts attracted 185 girls from Enterprise, Geneva and Elba.

All four brownie troops from Elba were represented at the event with the Senior Girl Scouts assisting the brownie leaders. Leaders of each brownie troop of Elba are: Troop #455 - Mrs. Jean Hudson; Troop #441 - Mrs. Fred Smith, Jr.; Troop #447 - Mrs. Janice McCall; and Troop #446 - Mrs. Winston Powe.

Mrs. Billy Sparks supervised the learning of brownie songs, fire-building and camping skills were supervised by Mrs. Richard Hobson, games were supervised by Mr. and Mrs. Larry Nave with Ann Tucker and Jean Benton assisting, and first aid was supervised by Mrs. Bob Hawk.

Director of the Get-A-Way was Mrs. Baker Lee. Mrs. J. W. Henderson, director of Humming Hills summer camp program, and Virginia Birch assisted with registration.



Brownies Learn Games From Larry Nave While Assistants Jean Benton And Ann Tucker Watch



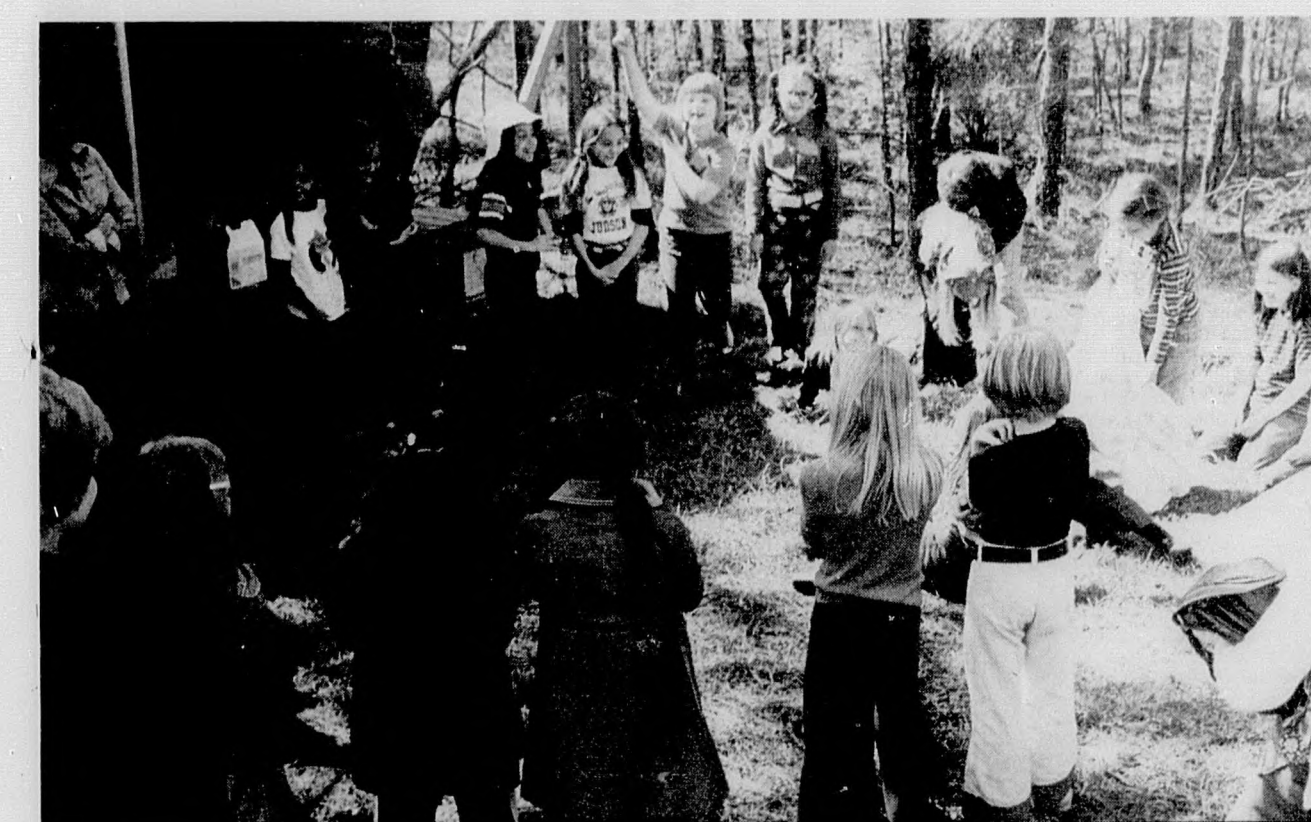
Orientation Before Beginning The Day



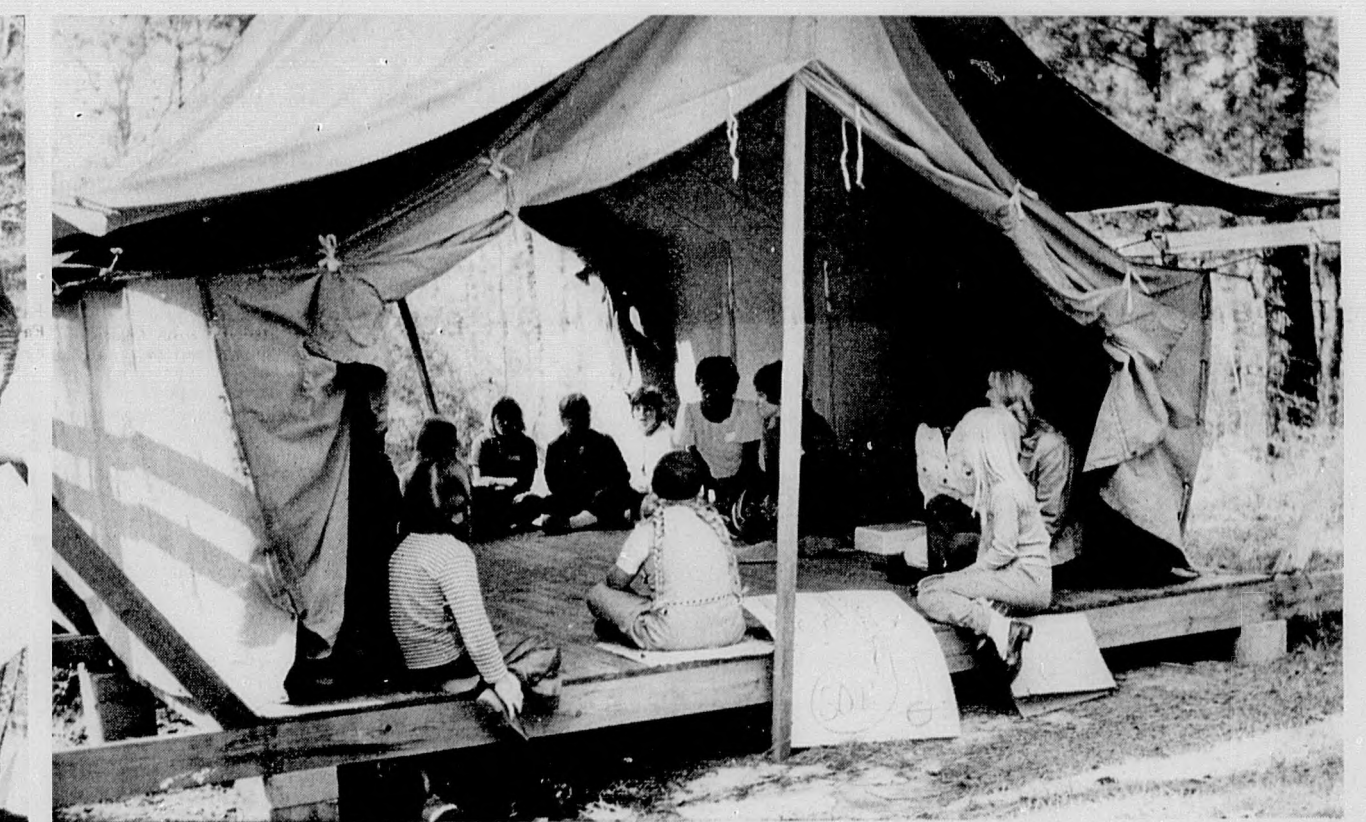
Alicia Rhodes Teaches Brownies Fire-Building & Camping Skills



Bev Cox And Wilma Anderson Prepare To Take A Group Of Brownies On A Nature Walk



Wendy Anderson Teaches Brownies About First Aid



Judy Lee Teaches Brownies New Songs

COME TO WORSHIP AND REJOICE... SUNDAY SERVICES

LOCAL CHURCH SCHEDULES:

ELBA UNITED METHODIST CHURCH

Ed Sells, Pastor
Sunday School... 9:45 a.m.
Morning Worship... 11:00 a.m.
Evening Groups... 5:30 p.m.
Snack Supper... 6:30 p.m.
Evening Worship... 7:00 p.m.
"The Methodist Hour"
WELB Radio - Sat... 9:00 a.m.
Choir Rehearsal (Wed)... 6:00 p.m.
Choir Rehearsal (Wed)... 6:00 p.m.

ELBA FIRST ASSEMBLY OF GOD - Billy J. Johnson

Sunday School... 9:45 a.m.
Morning Worship... 11:00 a.m.
Junior Worship... 11:00 a.m.
Youth Service... 5:00 p.m.
Evening Evangelistic Service... 6:00 p.m.
7:00 p.m.

WEDNESDAY

ELBA DELIVERANCE TABERNACLE

Jimmy and Shirley Hatcher - Pastors
Sunday School... 10:00 a.m.
Morning Worship... 11:00 a.m.
Evangelist Service... 7:00 p.m.
Thursday Night... 7:00 p.m.
Youth Service Sat... 7:00 p.m.
WELB Radio Daily... 12:30 p.m.

NEW EBENEZER BAPTIST CHURCH

Rev. Thomas Kennedy, Pastor
Sunday School... 9:30 p.m.
Church Training... 10:10 p.m.
Morning Worship... 11:00 a.m.
Youth Choir Rehearsal... 4:45 p.m.
Evening Worship... 6:00 p.m.
Wednesday Prayer Meeting... 7:30 p.m.
Adult Choir Rehearsal... 8:00 p.m.
Nursery Open for Church Activities

WESTSIDE BAPTIST CHURCH

Rev. Thomas Kennedy, Pastor
Sunday School... 9:30 p.m.
Church Training... 10:10 p.m.
Morning Worship... 11:00 a.m.
Youth Choir Rehearsal... 4:45 p.m.
Evening Worship... 6:00 p.m.
Wednesday Prayer Meeting... 7:30 p.m.
Adult Choir Rehearsal... 8:00 p.m.
Nursery Open for Church Activities

ELBA CHURCH OF CHRIST

Terry E. Gannell, Minister
Bible Study... 10:00 a.m.
Morning Worship... 11:00 a.m.
Evening Worship... 6:00 p.m.

DAMASCUS BAPTIST CHURCH

Elba-Samson Highway
T. S. Calloway, Pastor
Sunday School... 9:45 a.m.
Morning Worship... 11:00 a.m.
Training Union... 6:00 p.m.
Evening Worship... 7:00 p.m.
Wed. Prayer Serv... 7:00 p.m.
Community-wide visitation - Thursday night
WELB - Saturday... 8:30 a.m.
RA & GA, Wednesday... 7:00 p.m.

THE CHURCH MESSAGE

SPONSORED BY THE

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WHITMAN DRUG

THE ELBA CLIPPER

ELBA INSURANCE AGENCY

MUTUAL SAVINGS LIFE INS.

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TOM'S DRIVE IN

HOME OF THE 99¢ Special



BROASTED CHICKEN

BREAKFAST SPECIAL
MONDAY THRU SATURDAY
OPEN 6 A.M.
TWO EGGS, BACON, OR SAUSAGE,
GRITS TOAST & JELLY
99¢

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Broasted Chicken White Meat Cole Slaw or Potato Salad	Big "T" Burger, French Fries & Cole Slaw	Bar-B-Que Sandwich French Fries & Cole Slaw	Big "T" Cheesaburger With French Fries & Cole Slaw	Fish Sandwich with Tartar Sauce French Fries & Slaw	Two Regular Chili Dogs With Potato Salad	Tom's Usual Low Prices On Foods Chicken & Pork Chops
	99¢	99¢	99¢	99¢	99¢	99¢	99¢

Seafood Dinners
Pork Chop Box
Hamburger Steak Sandwich
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Oyster Box
Shrimp Box

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POOR ORIGINAL

Z C H S REBEL NEWS

EDITORS: Darlene Barr, Randy Grant, Debra Jones Mrs. Sylvia T. Lowery, Advisor

EDITORIAL Dishonesty

Each of us has at one time or another been tempted toward dishonesty. Some have even given into the temptation. The ones who begin with a very small theft, and weren't caught, found it much easier the next time to take something that wasn't theirs. Finally stealing became more of a habit than just an occasional wrongdoing, and one's conscience hurt less with each theft. Therefore, that first step is the one we must guard against, for once we give in, we are likely lost to dishonesty forever.

We feel that the majority of students at Z.C. are honest, and we hope it isn't too late for the few who aren't, to change so that they can lead a happier life, free from guilt and suspicion, and readily trusted by everyone.



GUESS WHO?

There once was a baby named

Who was predicted to go very

fast. Now she's almost grown.

And everywhere it's well

known, That she's as pretty as any

movie star!

Last week's Guess Who was

Mrs. Rachel Bryan

MOMENTS FOR MEDITATION

Sometime

Sometime, when all life's lessons have been learned, And sun and stars for evermore, The things which our weak judgments here have spurned, The things of which we grieve, and with which we are vexed, Then we shall see how God's plans were right. And how what seemed reproof was love most true.

MEET THE NEW REBELS

Meet Betty Walker, daughter of Mr. and Mrs. Jack Walker of Route 2, New Brockton. Betty attended New Hope Junior High last year. Her hobbies are riding bikes, reading, listening to music, and boys. She says that she enjoys attending Zion Chapel because of the students and teachers—they're great. Betty is a sweet blonde with a cute personality whom we are glad to welcome to Z.C.

Career Education Speaker

Mr. Virgil Coleman, Placement Coordinator of Coffee County Schools, spoke to Zion Chapel students recently. Mr. Coleman, also a mortician, introduced students to the field of Mortuary Science. Needless to say, the students found this subject really interesting.

Cheryl who returned from a Florida vacation with a moon tan. Mr. Ted who played. And Cindy, Chuck, Debra, Darlene, Dretta, Patty, Faye, Rusty, Glenda, Marty, Donna, Tracy, Brenda, & Patty F. who went to the beach. Lisa has attended Z.C. since entering school and has been honored by having been selected for First Grade Harvest Queen and Fourth Grade Class Favorite. She has participated in local 4-H Clubs for 2 years, having won awards in cooking,

A.E.A. Holidays Were Eventful

For... Marcy and Wayne who picked out a trailer. Teresa W. who bought two prom dresses. Cindy S. who worked on her new house. Mrs. Powell who visited Moundville and the U. of Alabama. Donna Petty who got the flu. Judy, Diane, and Becky who had a party. Jackie D. who bought a motorcycle. Mrs. Lee who had to face all of her college daughter's laundry. Mrs. Sanders who went to Dauphin Island. Clovia who went to Huntsville and attended an AFL-CIO Convention and met a big politician.

Cheryl who returned from a Florida vacation with a moon tan.

Mr. Ted who played.

And Cindy, Chuck, Debra, Darlene, Dretta, Patty, Faye, Rusty, Glenda, Marty, Donna, Tracy, Brenda, & Patty F. who went to the beach.

Lisa has attended Z.C. since entering school and has been honored by having been selected for First Grade Harvest Queen and Fourth Grade Class Favorite.

She has participated in local 4-H Clubs for 2 years, having won awards in cooking,

poster art, and public speaking competition. She has held offices in 4-H Club as vice-president and reporter.

Lisa has served as cheerleader for the Little Rebels football team and is usually listed on the "A" Honor Roll. She has one certificate of perfect attendance for a school year.

Lisa's best liked subjects are English and social studies, and her hobbies include crocheting. She reports that she is really looking forward to high school next year.

In Ireland, the people wore arrows around their necks to prevent being shot by an elf. So far, no one with an arrow around his neck has ever been shot by an elf!

News From The Young Rebels

Outstanding elementary student, Lisa Ann Ammons, was selected because of outstanding performance, both scholastic and social. She is the 12-year-old daughter of Mr. and Mrs. Hayes Ammons of Rt. 2, Troy, near the Wilkinson Community, and is in the 6th grade.

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Big in the Peanut Field

Senior Of The Week

Wayne Nelson, better known as Pojo, son of Mr. and Mrs. Wayne Nelson of Rt. 1, Elba, is featured as this week's Senior. Wayne belongs to the Z.C. Club. He has been a strong player on the Rebel football team, playing position of guard, and was chosen as an All-Conference winner. His favorite pastime is working on cars. Wayne says his pet peeve is signs all over the school not large enough to see, and then being asked by a teacher, "Can't you read?" He says what he likes best about Z.C. is the people, and that to improve the school, more books for the library are needed. Wayne's future plans are to marry Marcia Nunez. Wayne is a good student and had an "A" average for the first semester, so we feel sure he will have a happy and prosperous future. Good luck, Wayne!

N. Y. C. STUDENTS

Beginning this week is a series of articles featuring students who are participating in the N.Y.C. Program at Z.C. N.Y.C. stands for Neighborhood Youth Corps and its program provides employment and experience for students in their own school. Pictured are Lynn Doster and Tommy Willis in the N.Y.C. Program at Z.C. the school lunch room where they assist in lunch room work two hours each day.

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Invitations a Specialty

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WESTGATE, ENTERPRISE
MONDAY - SATURDAY 9 A.M. - 5 P.M.

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Ashford, Alabama

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Uss Basic Slag

LEGAL NOTICES BECOME THE PEOPLE MUST KNOW

ESTATE OF LILLIE MORROW, Deceased. PROBATE COURT - ELBA DIVISION.
Letters Testamentary said deceased having been granted to the undersigned on the 4th day of March 1974, by the Hon. James L. Sawyer, Judge of the Probate Court of Coffee County, notice is hereby given that all persons having claims against said estate are hereby required to present the same within time allowed by law or the same will be barred.

This 18th day of March, 1974.
Maxine Prescott
3-14-74c

ESTATE OF HERBERT STANTON, Deceased. PROBATE COURT - ELBA DIVISION.
Letters Testamentary said deceased having been granted to the undersigned on the 5th day of March 1974, by the Hon. James L. Sawyer, Judge of the Probate Court of Coffee County, notice is hereby given that all persons having claims against said estate are hereby required to present the same within time allowed by law or the same will be barred.

This 12th day of March 1974.
Glady Clark, Register.
3-14-74c

**STATE OF ALABAMA) COUNTY OF COFFEE.)
NOTICE OF MORTGAGE FORECLOSURE SALE.**
WHERAS, George A. Walker, Jr., and Annie Y. Walker, husband and wife, executed to Colonial Mortgage Company, a corporation, on the 27th day of January, 1970, a Mortgage being recorded in the Office of the Judge of Probate of Coffee County, Alabama, at Elba, Alabama, in Mortgage Book 50-A, at Pages 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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Seeds Hold Germ of Life --Pack Nutritional Wallop!

By LELORD KORBEL
Number Ten of a Series

Modern diets ignore the axiom that seeds hold the germ of life. Too often overlooked is the fact that nature has placed in seed foods the concentrated essence of all nutrition to provide for the sprouting plant. Proteins are centered in the seeds so the new life may receive ample nourishment for normal growth.

Little by little, modern nutritional science is inclining to the belief that whole seed cereals (I stress "whole" because of the health-blind custom of milling most of the food value out of our cereals) can supply for your diet a now missing something that formerly was there when life and eating habits were much closer to the primitive.

Starch is never a safe substitute for protein. The only foods which should ever appear in the menu as honest substitutes for a meat dish are eggs, cheese, milk and high-protein seed cereals. By adding extra amounts of dry skim milk to these protein meat substitutes, a needless diet can be within the safe daily minimum of 100 to 150 grams of protein.

Now don't get the idea that I'm recommending that you do away with meat in your diet, and substitute millet. Meat is an unexcelled, hard-to-replace food, but there are thousands of persons living on incomes that don't permit their purchasing meat every day in the week. For that reason, I believe that more recognition should be given to millet (sunflower seeds), as a nutritionally safe, low-cost, easily digestible meat substitute.

MILLET RANKS HIGH
Millet is the first of the seed cereals that should be on your table regularly.

Little known in this country, except as poultry and animal feed, millet has been one of the principal grains of Eastern Europe, Africa, Siberia and China for centuries.

Laboratory investigations have revealed that no food is digested with as great ease as millet. It does not ferment in the stomach, causing digestive and intestinal distress, as do foods made from white flour and other devitalized grains.

After World War II, millions of peasants in White Russia faced starvation. In desperation, they ate the millet which had been put away for the chickens they no longer had.

And what happened? Not only did these peasants survive the long period of famine, but they soon discovered they were enjoying better health than they had ever known while consuming their former varied diets. The completeness and high quality of the protein and minerals make it possible for your body to be well supplied with essential amino acids, even though.

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WHOLE SEED CEREALS MAKE YOU FEEL LIKE YOU'RE EATING ON TOP OF THE WORLD



The average grown man requires at least 12 milligrams of iron each day for optimum health, while the average woman needs a minimum of 15 milligrams.

SOURCE OF VITAMIN-D
Because of the flower's close affinity to the sun, sunflower seeds are an extremely rich source of vitamin D, being one of the very few plants containing this "sunshine vitamin."

Sunflower seeds may enter our diet in several ways. The hulled seeds make a delicious confection, with a flavor far superior to peanuts.

Millet and sunflower seeds contain lecithin, an important ingredient of your nerve tissues. Your nervous system uses as a leechin to aid in generating nerve electricity. When your nerves are plentifully supplied with lecithin, your body abounds in nervous energy; but when the supply of lecithin gets low, it does at the end of the day, nerve energy decreases, and you say you are "tired and sleepy."

A serious deficiency of lecithin in the diet can bring on a nerve exhaustion that is characterized by a chronic fatigue which rest does not alleviate.

For added low-cost protein-nutrition it will pay you to get acquainted with millet and sunflower seeds. Both are available in health food stores which stock them shelved and ready-to-use.

Condensed from the book "Eat and Live Younger" by Dr. J. D. Skinner. Copyright 1973. Distributed by Harold English, Mrs. William G. Gibson, and Mrs. John C. Wicks.

WAYNE WINDHAM TO ENTER MEDICAL TRAINING

Wayne Windham, son of Mr. and Mrs. D. W. Windham of Elba, has been accepted into the 1974-75 entering class of the University of South Alabama College of Medicine at Mobile, beginning in September, 1974.

Wayne, a 1971 graduate of Elba High School, is presently a senior at Auburn University where he holds membership in Phi Eta Sigma freshman honorary, Alpha Epsilon Delta, premedical honorary, and Kappa Sigma, social fraternity. Due to the early acceptance he will not graduate from Auburn, but will receive his B. S. degree from Auburn in medical studies at Mobile, Ala.

Wayne's father, Dr. D. W. Windham, is a physician and surgeon, and his mother, Mrs. Dora Windham, is a homemaker.

Wayne's grandparents, Mr. and Mrs. J. D. Skinner, of Elba, are also proud of his achievement.

Wayne's great-grandfather, Mr. J. D. Skinner, was a prominent citizen of Elba and a member of the Elba High School Board.

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COFFEE NEWS & CHAT

BY SARA E. HUTCHINSON



IVY MAKES GOOD HOUSE-PLANT
Because of their attractive foliage, many types of ivy are used as houseplants. I'll share with you some tips for keeping ivy healthy and growing.

Ivy needs some sunlight, although it will thrive under shaded light conditions. Place your plants in a north or east window, but avoid direct hot sun. You can use fluorescent tubes to stimulate growth in locations where plants don't get adequate sunlight.

The air should be as fresh and humid as possible. You can increase the humidity around the plants by placing the pots on crushed rocks in a tray containing water. Do not put the pots directly in the water because the soil will remain saturated causing poor growth and possible stem rot.

Ivy should receive room temperature water. Water generously, but do not overwater. Large carrots are best for cooking or shredding. And smaller, younger ones are good for eating raw.

For variety, try baking carrots, particularly when you are planning an oven meal. Cut four or five carrots in half lengthwise and place them in a casserole with one fourth cup water, two or three tablespoons butter or margarine and a sprinkle of salt and pepper. Cover the casserole and bake at 375 degrees Fahrenheit for 45 minutes or until carrots are tender. This will make four servings.

SALTING STEAK
All of us desire meat that is juicy. Remember this tip when you are cooking meat. To make steaks and chops more juicy and to reduce shrinkage during cooking, salt the meat after, not before, broiling.

SEERSUCKER
Seersucker was once reserved for hot summer months and was especially popular for children's pajamas. But, today it is especially popular for women's and girls' sportswear.

With today's modern processes and fibers, there's a wide range of seersucker and seersucker-like fabrics suitable for all seasons.

The seersucker look—crinkle-straight-crease fabric—can be made in many ways. It takes less water to wash dishes in a dishwasher than by hand. Make sure the dishwasher is completely loaded and run it late in the evening when you use it, and run it late in the evening when you use it, and run it late in the evening when you use it.

Eggs, will also pick up odors from other foods in the refrigerator. So, be sure to keep eggs covered.

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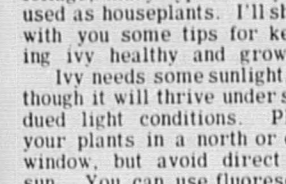
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COFFEE NEWS & CHAT

BY SARA E. HUTCHINSON



IVY MAKES GOOD HOUSE-PLANT
Because of their attractive foliage, many types of ivy are used as houseplants. I'll share with you some tips for keeping ivy healthy and growing.

Ivy needs some sunlight, although it will thrive under shaded light conditions. Place your plants in a north or east window, but avoid direct hot sun. You can use fluorescent tubes to stimulate growth in locations where plants don't get adequate sunlight.

The air should be as fresh and humid as possible. You can increase the humidity around the plants by placing the pots on crushed rocks in a tray containing water. Do not put the pots directly in the water because the soil will remain saturated causing poor growth and possible stem rot.

Ivy should receive room temperature water. Water generously, but do not overwater. Large carrots are best for cooking or shredding. And smaller, younger ones are good for eating raw.

For variety, try baking carrots, particularly when you are planning an oven meal. Cut four or five carrots in half lengthwise and place them in a casserole with one fourth cup water, two or three tablespoons butter or margarine and a sprinkle of salt and pepper. Cover the casserole and bake at 375 degrees Fahrenheit for 45 minutes or until carrots are tender. This will make four servings.

SALTING STEAK
All of us desire meat that is juicy. Remember this tip when you are cooking meat. To make steaks and chops more juicy and to reduce shrinkage during cooking, salt the meat after, not before, broiling.

SEERSUCKER
Seersucker was once reserved for hot summer months and was especially popular for children's pajamas. But, today it is especially popular for women's and girls' sportswear.

With today's modern processes and fibers, there's a wide range of seersucker and seersucker-like fabrics suitable for all seasons.

The seersucker look—crinkle-straight-crease fabric—can be made in many ways. It takes less water to wash dishes in a dishwasher than by hand. Make sure the dishwasher is completely loaded and run it late in the evening when you use it, and run it late in the evening when you use it.

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PRICES GOOD THRU MARCH 30
QUANTITY RIGHTS RESERVED

What Makes Big Bear's Own Brands So Great?



NANCY BRADFORD
YOUR REPRESENTATIVE
AT BIG BEAR

The simple fact that we offer you the finest quality and a large selection of products at low, low prices! If you are like most people I know, you're interested in saving money. Big Bear's own brands will help your food budget. No matter which of the many fine Big Bear brands you choose: Hy-Top, Del Haven, Frosty Acres or Morning Glory Products, you will be impressed with the Quality, Savings and Variety our products have to offer!



Hy-Top the Quality Savings Brand! At Big Bear our buyers insist every Hy-Top product be equal to, or better than national known brands. Every Hy-Top product is guaranteed to please or your money will be refunded. Some standards, eh! But we know you want the very best, plus the bonus of extra savings.



Del Haven the Economy Brand! If big savings are what you're after, we know you'll really go for Del Haven products. Big Bear handles a large variety of products such as canned goods and detergents with the Del Haven brand. And there's always every family's favorite - lean, delicious Del Haven Sliced Bacon.



Frosty Acres Frozen Foods are expertly selected to give you the very best! All Frosty Acres Frozen products are Grade "A" Fancy as graded by the government for quality and great taste. For the finest frozen vegetables, fruits, juices, waffles and dessert toppings, always choose Frosty Acres, we know you will be happy with all the great products at Big Bear.



Morning Glory Eggs are farm fresh and full of natural goodness! Our Eggs are always Graded "A" by the U.S. Department of Agriculture to insure the very best for you. For that great tasting bacon and egg breakfast, to the finest casseroles and baked dishes, select Morning Glory Eggs!

CLIP THESE
COUPONS!



U.S.D.A. GRADE A FRESH DRESSED
BAKING HENS
LB. **49c**

DEL HAVEN SLICED
BACON
LB. **99c**

U.S.D.A. CHOICE TENDER-AGED
CHUCK ROAST
LB. **98c**

U.S.D.A. CHOICE TENDER-AGED
7-BONE ROAST LB. \$1.18
U.S.D.A. CHOICE TENDER-AGED
ENGLISH ROAST LB. \$1.28
U.S.D.A. CHOICE TENDER-AGED
SHOULDER ROAST LB. \$1.38

U.S.D.A. CHOICE TENDER-AGED BONE-IN
CHUCK STEAK LB. \$1.18
U.S.D.A. CHOICE TENDER-AGED BONELESS
CHUCK ROAST LB. \$1.48
U.S.D.A. CHOICE TENDER-AGED
STEW MEAT LB. \$1.48

U.S.D.A. CHOICE TENDER-AGED CHUCK
CUBED STEAK LB. \$1.49

HY-TOPIKE **WIENERS** 12-OZ. PKG. **89c**

Kelley's or Malena
Pure Pork
SAUSAGE
1 LB. ROLL **99c**

Kelley's Pure
Pork Smoked
SAUSAGE LB. **\$1.19**

GOLDCREST
TURKEYS 10 TO 14 LBS. **LB. 59c**

HY-TOPIKE **ICE MILK** **39c**
ALL FLAVORS HALF GAL. WITH COUPON AT TOP OF AD

MORNING GLORY GRADE 'A'
EGGS **49c**
DOZEN WITH COUPON AT TOP OF AD.

HY-TOPIKE **DETERGENT** **59c**
48-OZ. BOX. SAVE 24c. LIMIT ONE WITH \$5.00 OR MORE PURCHASE.

HY-TOPIKE **CAKE MIXES** **39c**
18-OZ. BOX. SAVE 6c.

DEL HAVEN **CATSUP** 20-OZ. BTL. **43c**
HY-TOPIKE **MAXIM** 4-OZ. JAR **\$1.43**
HY-TOPIKE **MAXWELL HOUSE** 1-LB. CAN **\$1.17**
MOTHER'S BEST **CORN MEAL** 5-LB. BAG **89c**

HY-TOPIKE **BISCUITS** 6-OZ. CAN. **85c**
HY-TOPIKE **PEANUT BUTTER** 28-OZ. JAR **99c**
ALDO CHOP BEE **DOG FOOD** 16-LB. CAN **35c**
KLEENEX **FACIAL TISSUE** 300-CT. BOX **39c**

HY-TOPIKE **BREAD** **3** 1 1/2-LB. LOAVES **\$1.00**

HY-TOPIKE **COCKTAIL** **3** 17-OZ. CANS **89c**

GILLETTE RIGHT GUARD
RIGHT GUARD 5.2-OZ. CAN **87c**
AYER **ASPRIN** 100-CT. BTL. **99c**

PEAK
TOOTH PASTE **57c**
HEAD & SHOULDERS LOTION
SHAMPOO 12-OZ. BTL. **\$1.27**

The Funk & Wagnalls
New Encyclopedia
49c \$1.99



HY-TOPIKE **GREEN BEANS** **4** 17-OZ. CANS **\$1.00**
HY-TOPIKE **CREAM CORN** **4** 17-OZ. CANS **\$1.00**
HY-TOPIKE **GARDEN PEAS** **4** 17-OZ. CANS **\$1.00**

FLORIDA NEW CROP
RED POTATOES
ALL PURPOSE 5-LB. BAG **79c**



GOLDEN RIFE
BANANAS LB. **15c**
FIRM GREEN
CABBAGE LB. **15c**

WESTERN GROWN
CANTALOUPE
SWEET & RIPE LARGE SIZE EACH **59c**

FIRM VINE RIPPED
TOMATOES
IDEAL FOR SLICING LB. **39c**

FROSTY ACRES GRADE 'A' FANCY
GREENS **\$1.00**
5 10-OZ. PKGS. SAVE up to 25c.
*COLLARDS
*TURNIP
*MUSTARD
*TURNIP W/ROOTS

FROSTY ACRES 100% PURE FLORIDA
ORANGE JUICE 32-OZ. CAN **99c**
FROSTY ACRES GRADE 'A' FANCY
FROSTY WHIP 2 10-OZ. PKGS. **\$1.00**
FROSTY ACRES GRADE 'A' FANCY
POTATOES 24-OZ. BAG **41c**
FROSTY ACRES GRADE 'A' FANCY
WAFFLES 4 5-OZ. PKGS. **69c**
FROSTY ACRES BROCCOLI
SPEARS 3 8-OZ. PKGS. **\$1.00**